

Elementary Student Survey- WITH Breakfast Program



1. Did you have breakfast this morning before you came to school?

6 th grade	18 yes	3 no
5 th grade	34 yes	7 no
4 th grade	24 yes	10 no
3 rd grade	37 yes	2 no
2 nd grade	32 yes	9 no
1 st grade	29 yes	7 no
Kindergarten	26 yes	7 no

2. Did you have any of these foods before school? Check which ones you had for breakfast this morning.

- ☐ Milk/Soy Milk 204
- ☐ Meat/Cheese/Yogurt/ 42
- Egg/Beans/Fish
- ☐ Juice/Fruit/Vegetable 116
- ☐ Cereal/Bread/Muffin/Rice/Bagel/Tortilla 228

3. Did you have breakfast at school this morning?

6 th grade	6 yes	15 no
5 th grade	13 yes	28 no
4 th grade	10 yes	24 no
3 rd grade	5 yes	34 no
2 nd grade	12 yes	29 no
1 st grade	5 yes	31 no
Kindergarten	7 yes	26 no

If no, why not?

"I want to have breakfast at home"

"I like my mom and dad's breakfast" (x102)

"Because my parents say having breakfast at school is a treat"

"I was running late"

"I eat at home" (x92)

4. How do you feel when you've missed breakfast?

"I feel weak"

"Sick all day"

"I never miss breakfast" (x234)

"Cranky and tired"

"Non energetic, sick, tired and hungry"

"Starved and useless"

"dead and very starving"
 "Hungry, sad, starving, tummy ache, don't feel good"
 "Hungry, bad, tired"
 "Sad, Hungry, tired, mad, bad"
 "I get a tummy ache"
 "brain dead"

5. Do you get hungry before lunch?

6 th grade	19 yes	18 no
5 th grade	21 yes	20 no
4 th grade	12 yes	22 no
3 rd grade	22 yes	17 no
2 nd grade	23 yes	18 no
1 st grade	29 yes	7 no
Kindergarten	12 yes	21 no

6. What does eating a good breakfast help you do better?

"Focus in the classroom"
 "School work"
 "Stay awake and think better"
 "More energy"
 "Better able to concentrate"
 "I keep fit and am better able to pay attention"
 "Energized"
 "Keeps me ready to move and learn better"
 "It gives me all the energy to get through the day"
 "Learn and exercise more"
 "Everything"
 "Tests and exercise"
 "Think, run, spell"
 "Helps me concentrate"
 "More energy and maintains my weight"
 "get smarter, more energy, big muscles, grow"
 "bones stronger, healthy teeth, grow up, healthy, strong"
 "Healthy muscles, stronger, better at fitness tests, run faster, grow healthier"
 "Think better, more energy, stronger"
 "math and more energy for gym and recess"
 "do better in school"
 "better in school and more energy to exercise"
 "it gives me a boost"
 "Be active, learn and not be tired"
 "school work, exercise and concentrate"
 "more energy and be happy"

"feel good"

"Think and stay awake"

"Good mood, think, makes you excited for the day"

"Focus better in school and not worry about being hungry"

"learn"

"Think and pay attention"

"It wakes me up and gives me energy"

"It helps me not stop and keep up with the other kids in the gym"

"Exercise and academics"

